

## ABSTRACT

A stable oil containing LC-PUFAs in the form of triacylglycerols, in particular arachidonic acid (ARA), dihomogammalinolenic acid (DHGLA), docosahexaenoic acid (DHA) or eicosapentaenoic acid (EPA), may be prepared by direct pressing of one or more biomasses  
5 obtained from the culture of a microorganism, especially of a fungus or of a microalga containing the acids ARA, DHGLA, DHA or EPA leading to a first press oil and by bringing a carrier oil entering into the composition of a foodstuff, a cosmetic or pharmaceutical product, into contact with the biomass cake, followed by pressing leading to a second press oil, and then by combining the pressed oils and refining the mixture under controlled conditions.